

## **Group Exercise Substitute List: February 2022**

**As of February 3, 2022**

Below you will find the substitutes and canceled classes for the **Freestone Recreation Center Group Exercise Classes** for the month of **February 2022**.

### **Substitutes:**

<b>Class</b>	<b>Date</b>	<b>Time</b>	<b>Substitute</b>
Cardio Drumming with Susan	Tuesday 2/1/2022	8:00 am	<b>CANCELED</b>
Chair & Standing Pilates	Tuesday 2/1/2022	9:30 am	<b>CANCELED</b>
Lightweight training with Susan	Tuesday 2/1/2022	4:00 pm	<b>Marie</b>
Toning Rhythm with Susan	Tuesday 2/1/2022	5:20 pm	<b>Melissa</b>
Pilates with Liza	Thursday 2/3/2022	5:15 pm	<b>Marie</b>
Yoga with Liza	Thursday 2/3/2022	6:20 pm	<b>CANCELED</b>

### **No classes on the following dates due to holidays:**

- **Monday, February 21 – Holiday Hours: President’s Day (7:00 am – 5:00 pm)**
  - **NO 6:30 am – 7:15 am Pilates with Marie**
  - **NO 4:30 pm – 5:30 pm Pilates with Liza**
  - **NO 6:30 pm – 7:30 pm Zumba with Selene**

**\*\*As of 1/18/22 – Tuesday, Chair & Standing Pilates from 9:30 – 10:30 am will be taught by Susan.**

**\*\*As of 1/19/22 – Wednesday, Barre class from 4:00 – 5:00 pm will now be taught by Liza.**

\*Group Ex. Schedule uploaded to [www.gilbertaz.gov/freestone-reccenter](http://www.gilbertaz.gov/freestone-reccenter) on **January 26, 2022**